

# CARDIO FITNESS CLASS



This cardio workout will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training program that works on multiple body areas including core, arms and legs the design of the class is to increase physical fitness along with the benefits of a healthier body.

**Friday Evenings: 7:30pm-9pm**

**Registration: Ongoing Monthly**

**Fee: \$25/ month**

**\$12/month for Tae Kwon Do Participants**

**Age: 18 & Older**

For more information please contact the Lions Park Community Center!!

**(919) 831-6995**

**Lions Park Community Center  
516 Dennis Avenue  
Raleigh NC 27604**

